Recipes Out of Bilibid

Some hae meat and canna eat,
And some wad eat that want it;
But we hae meat, and we can eat,
And sae the Lord be thankit.

The Selkirk Grace of Robert Burns.

RECIPES OUT OF BILIBID

COLLECTED BY

COL. H. C. FOWLER, U.S.A.

Compiled and Tested by

DOROTHY WAGNER

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ACKNOWLEDGMENTS

COL. FOWLER has identified the source of his recipes whenever possible, and I have appended a brief note concerning the men who contributed them, though all too often I have been unable to supply the name. Most of the donors are like Marco Polo, who carried the recipe for noodles from China to Italy, where it was elaborated into macaroni and spaghetti, though the inspired Chinese who invented the dish remains nameless.

We have given credit where we could, but we can give only gratitude to the many unknown creators or transmitters of most of the dishes.

—Dorothy Wagner.

FOREWORD

WHEN my nephew, Chick Fowler, sailed for Manila in October of 1941, he carried with him a vast deal of luggage, for besides the necessary equipment of a mounted officer bound for the tropics he had supplied himself with a huge box of books and a case of champagne to ward off seasickness. When he returned to San Francisco forty months later, all his possessions were insufficient to fill a musette bag, and even his uniform was borrowed, the blouse from one man, the trousers from another, the cap from a third. As souvenirs he brought home three bullets still embedded in his body, and beri-beri, which had gravely impaired his eyesight.

But the limp musette bag held two treasures, a Filipino knife, which Chick had ingeniously hidden from his captors, and a little bundle of envelopes, which had contained the few letters the Japanese permitted him to receive. He had split the envelopes and used their inner sides to write in crowded penciled lines the recipes for unusual dishes that he had collected from his fellow prisoners of war.

Because the Japanese had hoped to use the interned civilians after the war they sought merely to weaken them; but they feared and were determined to break the men of the armed forces. Only the ones with tough bodies, disciplined minds, and indomitable spirits had even an outside chance of survival, and of those elect, only the few who "got the breaks" have come home.

Against frustration, suspense, and calculated or whimsical

cruelty they armored themselves with a humor incomprehensible and exasperating to their captors. But the ceaseless clawing of hunger, spreading from the nerves of the stomach to every fibre of their being they defeated by low, side-mouthed talk quickly broken off and as quickly resumed. No matter how the conversation began it always turned to food, the food the prisoners had once relished and were determined to enjoy again. For they talked in the future tense, harking back to the past only to make concrete their plans when they should finally be rescued. They gave reality to their dreams by dwelling, not on the flavors or sentimental recollections of feasts, but on a painstaking accuracy in describing the constituents of the dishes they remembered and longed for and resolutely purposed to enjoy again.

Chick began his collection after the Death March and his removal to Davao; he continued it till the day of his rescue from Bilibid. When the other prisoners learned of his project they became interested, and since they were constantly shifted from one camp to another, hundreds of men gave or sent to him, always by word of mouth, their specially prized recipes.

Many of the contributions were commonplace or sketchy. Only a few prisoners had been mess sergeants or ships' cooks or chefs in their prewar days, though a surprising number were amateurs who had experimented on hikes or hunting trips or in kitchens temporarily left undefended by the family cook. Most of the recipes that Chick considered worthy of a place in his collection came from men who, as boys, had again and again been drafted to assist their mothers in the preparation of holiday feasts.

Listening to Chick as he talked of the starving men who fed themselves on boyhood recollections, I tried to envisage the many kitchens in America and Britain, in Europe and China,

and scattered across the Pacific islands that meant to each man the glowing heart of a beloved home. The women who presided over them must have brought love as well as patience and skill to their endlessly repeated labor of feeding their families, for only women capable of giving themselves generously to their work could have impressed the memory of those dishes so accurately on the minds of their boys. Surely those mothers would be deeply moved to learn that their Martha-tasks had been transmuted into Mary-tributes, serving to sustain their sons in their long, unspeakably cruel ordeal.

Not only Chick, but every man who contributed to his collection benefited by it. Since their thoughts were inevitably and ceaselessly focused on food, the discussion of its preparation and the heated arguments concerning the superiority of one method over another served as more than an anodyne for their tortured nerves. It strengthened their resolution to survive, if only because it made more vivid, not what they sought to escape from, but what they were resolved to return to. It brought close to them the homes waiting faithfully for them, homes in which the primal need to nourish the body was recognized as a perpetually renewed adventure, a challenge to the imagination, an invitation to cheerful sociability.

I have always regarded cookery as an art closely akin to the drama. You sketch the plot, school and direct the characters, set the stage, ring up the curtain, and anxiously await the applause. Breakfast is usually a farce, relying on tempo and a preoccupied audience to gloze its lack of originality. Lunch is a revue, offering a hash of previous productions. But dinner is a gala performance, with the audience freshly tidied and anticipative. It is most successful when it presents a comedy of manners, though sometimes robust melodrama is enthusiastically received. Occasionally it rises to the heights of tragedy

combining pity and terror—pity for the cook, terror for the diners. A star performer is essential, whether an old ham actor or so exotic a creature as wild duck. The minor characters, preferably in their salad days, add spice to solid dialogue or a spot of comic relief, though they are useful chiefly to provide the pause an audience requires to digest the playwright's epigrams. When the final curtain call has been acknowledged, the stage hands darken the house and put away the properties while the producer seeks frenziedly for a new plot with familiar characters cunningly disguised, novel stage devices, and a satisfying climax.

The war had thrust upon me the rôle of culinary producer, and Chick's smudgy, close-written envelopes offered me exciting dramatic material, while his "tips on technique" suggested odd and challenging stage devices. Ever since last spring my family has been entertained—and well-fed—thanks to Chick's RECIPES OUT OF BILIBID. Though rationing and shortages sometimes forced me to make cautious substitutions and occasionally I jibbed at bizarre combinations, I learned to respect the penciled directions and to follow them confidently. Never did I find the time and labor wasted, for these dishes are worthy of the rôle they played. Though their substance was tragically wanting, their shadow, bright with memory and warm with hope, helped to keep alive men imprisoned by the war.

DOROTHY WAGNER.

San Francisco, 1945.

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AMERICAN DISHES

LIEUTENANT-COLONEL GEORGE DEWEY VANTURE, Field Artillery, U.S.A., contributed the two recipes which alphabetical order places first, and that is as it should be, for Colonel Vanture was not only Chick's classmate at West Point, but his roommate and his closest friend. He was named for the hero of Manila Bay, and nicknamed Czecho, though he was the son of a Cretan, not a Czech. His father was widely known as the chef of the Chamberlin Hotel at Old Point Comfort, when that amiable little resort attracted as many honeymooners as Niagra Falls.

In 1917 Czecho enlisted in the National Guard and was appointed mess sergeant on the strength of his father's fame. The following year he entered West Point, and not till after graduation was he able to resume the inspired experiments in cookery that proved to his friends the strength of heredity. He loved to improvise, tossing together delectable snacks after a concert or a hop.

Though he and Chick both served in the Field Artillery, they did not serve together till, twenty years after graduation, they met in the rainy darkness of Christmas Eve on the banks of the Agno River. For three weeks the two commands fought shoulder to shoulder; then Chick was gravely wounded, and Czecho made his way alone to the Headquarters of the First

Corps, to acquaint them with the situation and to urge a counter-attack. When ordered by General Wainwright to rest and recuperate, Czecho replied, "Sir, I have left behind me a classmate who is wounded or dead. I am going back to him NOW." He served in the counter-attack and for four frantic days we held the Japanese. In the end, the remnants of the trapped division were forced to destroy their equipment and make their way through the jungle back to our lines. After caring for the exhausted troops, Czecho made sure that Chick was taken to a hospital, and the two did not see each other again till the end of the Death March. Then, while huddled in a flimsy shack with other spent and wounded men, Chick heard a voice calling from the dark, "Is Chick Fowler there?" Instantly alert, he shouted a reply, and the voice came back, "Move over, boys, I'm coming in."

From that time till thirty months later they contrived to remain together. When Czecho was selected for a work detail at Davao, Chick volunteered to go along, and the two of them labored and starved, talked and thought together. They pooled their few grains of rice and dusty tea-leaves, they shared their ragged bits of clothing, they smoked the same cigarette when either of them was lucky enough to obtain one.

In the summer of 1944 they were shipped north to Manila, and there they had to part, for Czecho was sent to Cabanatuan while Chick, being incapacitated by his many wounds and progressive beri-beri, was left behind. In October Czecho returned to Bilibid with a group of officers destined for shipment to Japan. For six weeks he and Chick were together again, but during that time they were obsessed by feverish hope of rescue and the desperate fear that they would be shipped to Japan before our troops arrived. On December 13th Czecho's fateful orders to board ship killed their hope; with a final grasp

of Chick's hand, he marched away, his head high, his eyes undaunted, though he and Chick both knew he was marching to his death. Of the 1600 men crowded aboard ship, fewer than 300 survived, and Czecho was not among that scant 300.

Yet Chick carries in his heart a stout resolve to find Czecho again. When he shall join that "long grey line" of obscure dead, distinguished solely by their high worth as human beings, he will call out, "Where's Czecho?" sure of a hearty response. And he will shout, as Czecho did, "Move over, boys, I'm coming in."

BAKED BEANS, MIDWESTERN

1 can baked beans
1 bottle pickled onions
1 can kidney beans

Mix contents thoroughly, place in covered baking dish, and bake in a slow oven for 30 minutes.

BOUILLABAISSE CREOLE

1 lb. shrimps
2 lbs. fresh fish
2 good-sized onions
1½ qts. boiling water
2 tablespoons butter
1 cup grated cheese
12 cloves
3 bay leaves
1 tablespoon salt
1 lb. scallops (or clams)
½ lb. mushrooms
2 cups canned tomatoes
2 cups cold water
2 tablespoons flour
½ cup sherry
2 cloves garlic
1½ teaspoons curry powder
2 tablespoons flour

Drop the shrimps, 4 of the cloves, and the salt into the boiling water, and let them simmer 10 minutes; remove the shrimps and

set the broth to one side. Shell and cut the shrimps lengthwise and add to them the mushrooms, setting them aside. Pound the garlic, then chop the onions into the garlic. Fry the onions in butter, add tomatoes, the 2 cups of cold water, 4 cloves, the bay leaves, curry powder, and half the sherry. Let this mixture simmer for 30 minutes.

Now bring the shrimp-broth to the boil, add the fish, cut into pieces, and the scallops (or clams), the remaining 4 cloves, and the other half of the sherry. Simmer for 15 minutes. Add the shrimps and mushrooms. Boil 5 minutes. Mix the flour with a little water and stir into the broth. Cook 5 minutes more.

Remove fish and place on toast in soup plates. Pour soup over the fish and serve.

Note: I suspect this was a dish created by Czecho's father, one of the delicacies that made him famous as the chef of the Chamberlin.

COLONEL JOHN H. BALL, F.A., U.S.A., is a native of southern Pennsylvania, a part of the country famous for thrift and good cookery. He entered the Army from the National Guard back in 1917, was wounded in World War I, but remained in the Army after the war. The Army is his profession, horticulture is his avocation (in which he has achieved distinction) and cookery is a serious art he takes lightly. He is among the few of Chick's friends who have survived the Bataan campaign and its aftermath of calculated cruelty. His following recipe is of Pennsylvania Dutch origin.

BUCKWHEAT CAKE BATTER

1 qt. lukewarm water
3 tablespoons wheat flour
3 tablespoons cornmeal
1 teaspoon salt
½ cake yeast
Sufficient buckwheat flour to make a light batter

Mix the flour, cornmeal, and salt; dissolve the yeast in 1 cup of the lukewarm water; stir remaining water into the dry ingredients, add the yeasty water, then the buckwheat flour. Mix thoroughly, cover, and leave it overnight in ordinary room-temperature. In the morning, stir well, then add 2 tablespoons molasses and ½ teaspoon of soda dissolved in half a cup of hot water.

Do not bake all of the batter; leave a good cupful to "start" the batter that night for the following morning. Buckwheat cakes improve after many usings of the starter-batter.

COMMANDER ALAN REED MCCRACKEN, Annapolis, 1922, was in charge of a gunboat of the Yangste patrol, one of a fleet built in China for river duty. They were screw-boats, flat-bottomed, with a very shallow draft. In November of 1941 the fleet was ordered to take to the open sea and head for Manila, a well-nigh impossible undertaking, and all up and down the China coast bets were made four-to-one that even with good weather, they wouldn't make it; ten-to-one that bad weather would sink the fleet before they reached the China Sea. They braced the hulls with wooden beams, mounted on each ship a half a dozen 30-caliber machine guns, and flood-lighted the American flag painted on the top deck. They met rough

weather and pitched (they swear) forty-five degrees, but they kept on going. Off Formosa on December 8th (Pacific time) they received a Navy flash telling them about Pearl Harbor, followed by the command, "Douse those lights!" Nearly a week later they arrived in Manila harbor, where they did valiant work against the small craft the Japanese had launched after the capture of Manila. In April, their usefulness there being ended, they begged for a chance to join the Pacific fleet off Australia. They were refused, and, obeying orders, they were shot out of the water like ducks in a rain-barrel by the Japanese guns on Bataan. Thereafter all they could contribute was their condensing plants, which provided fresh water for the beleagured outlying islands of Manila Bay.

The following recipe was contributed by Commander McCracken.

CHICKEN GUMBO

4 cups steamed rice
1 slice uncooked ham, diced
2 tablespoons butter (or substitute)
1 scant tablespoon flour
1 cup okra pods (or diced shrimp)
Sprig of thyme (or ⅛ teaspoonful)
Salt, pepper
3 qts. broth made from 1 large chicken
1 cup sliced onion
1 green pepper, diced
1 cup canned tomatoes
2 bay leaves
1 teaspoon gumbo filé

Fry the onion and pepper in the butter in the bottom of a large kettle; add the flour, and when well-blended, pour in the broth, then the other ingredients, except the rice and the gumbo filé. Allow the soup to simmer for 2 hours. Just before serving, add the gumbo filé and stir well. Place a serving of rice in each heated soup plate and pour over it the soup.

An unidentified sailor contributed this recipe and insisted, though without offering proof, that it had been bequeathed to him by a distant kinsman whose mother had served in the kitchens of the Emperor, Franz Josef. Certainly it is a royal dish, at once extravagant and simple.

LEMON CHICKEN

3 very young chickens or 2 fryers
1 large or 2 small lemons
1 lb. butter
1 cup chicken stock

Split the chickens in half and salt and pepper them, using less salt if the stock is made of chicken-bouillon cubes, which are very salty. Place the whole pound of butter in a heavy fry-pan and sauté the chicken removing each piece as it is browned and placing it in a casserole. Slice the lemons paper-thin and completely cover the chicken with the slices; pour over it the butter remaining in the fry-pan and add the stock. Cover closely, and bake in a moderate oven for 40 minutes.

Contributed by COLONEL BALL.

CORNED BEEF (25 lbs.)

25 lbs. beef
2½ lbs. salt
1 oz. salt petre
4½ qts. cold water
1 stout keg

Select pieces of beef weighing from 3 to 6 lbs., preferably from the brisket and well marbled with fat.

Rub the beef thoroughly with salt and pack in the keg. Dissolve the remaining salt and salt petre in the water, and pour over the beef. Cover the keg and store for 10 days in a cool dry place. To prepare for cooking, remove as large a piece as required from the keg, wash it in hot water, and place it in water that has just come to the boil. Let it simmer very slowly, allowing the water to boil away to about half the original amount toward the end. Cool the beef in its own liquor.

MAJOR MAX SCHAEFFER of the 4th Marines, like Colonel Ball, was a Pennsylvania Dutchman. He fought on Corregidor and was later transferred to Bilibid. He was lost on the same fatal prison ship that carried Czecho to his death. He contributed this.

CORNED BEEF SPICED

About 3 lbs. corned beef
6 whole cloves
½ teaspoon allspice
2 sticks cinnamon

If the beef is very salty, soak it in cold water for half an hour, otherwise, merely wash it. Place it in boiling water to cover, add cloves and cinnamon sticks, and allow it to boil gently until tender. When it is half-done remove the cloves and cinnamon sticks and add the allspice. Allow it to cool in its own liquor, then pack it

in a breadpan, being careful to lay the long fibres parallel with the length of the pan. Mix in some of the fat to marble it, and set the meat under a weight to press it firmly.

Contributed by an officer of the Naval Reserve. Before the war he had been a pilot on the West Coast, and it was in Seattle that he became enamored of the following dish.

CLAMS STEAMED WITH RICE

2 cups uncooked rice
50 little-neck clams in the shell
1 large bunch parsley
3 cloves garlic
5 onions
½ cup olive oil

Place the garlic in a wooden chopping bowl and pound it with a potato-masher; add the onions and parsley and chop them into the garlic. Fry the herbs in the oil till the onions are a light brown.

Wash the rice thoroughly in many waters until it feels grainy under the hand. Place in a stew-pot with enough cold salted water to cover it one inch. Allow it to boil almost dry, then drain, wash it in cold water, and place it in a collander or other steamer over boiling water.

Wash the clams in cold water, and when the rice is nearly done (about 30 minutes) toss in the herbs and the clams; let the rice continue steaming till the clams open and spill their juice through the rice.

Contributed by COLONEL BALL.

DILL PICKLES

Pack cucumbers in a keg, with a layer of dill between each layer of cucumbers. Cover with a 40 per cent solution of salt (strong enough to float an egg). Add garlic and whole black pepper, one clove of garlic and half a teaspoon of pepper for each layer of cucumbers. Let the mixture stand for 2 or 3 weeks.

This method can be followed to dill green tomatoes, radishes, turnips, or carrots.

This recipe is unidentified, but I feel sure its creator possessed desert blood, for it requires most of the ingredients, though it does not follow the method, employed to produce Arabian Eggplant.

EGGPLANT, STUFFED

1 eggplant
½ cup English walnuts (not chopped)
1 tablespoon chopped onion
1 egg, beaten
1 cup soft breadcrumbs
1 tablespoon butter
¼ teaspoon allspice
½ cup sour cream

Cover eggplant with boiling water and allow it to boil gently for 15 minutes. Remove from water and cut in half, lengthwise. With a spoon, remove the pulp to within half an inch of the rind. Chop the pulp fine. Fry the onion in the butter to a light brown; add the pulp and cook 2 minutes. Add the sour cream, then all the other ingredients except the egg; mix well and cook 2 minutes more. Remove from the fire and add the beaten egg. Stand the eggplant shell in a buttered pan and fill with the mixture. Sprinkle with hard breadcrumbs and baste with melted butter. Bake in a moderate oven 45 minutes.

Contributed by COMMANDER HAYES, U.S.N., who came from Tidewater, Virginia. He was among those who were lost aboard the prison ship that sailed on that tragic 13th of December.

FISH CHOWDER

1 fish, weighing about 3 lbs.
1 good-sized onion
2 hot peppers
8 cups water
1 teaspooon white pepper
¼ teaspoon tabasco
½ cup peanut oil
2 cups raw oysters
6 tomatoes
2 cups oyster juice
1 tablespoon salt
¼ teaspoon thyme
Dash of curry powder

Skin and bone the fish and fry it in the oil till lightly brown. Chop the onion, oysters, and tomatoes, and add them to the fish; then the peppers, then the oyster juice. Simmer for 30 minutes. Then place

in a deep kettle, add the water and seasonings and simmer for 30 minutes more.

Note: Use cod, halibut, haddock, hake, bluefish, weakfish, or bass.

Contributed by COLONEL BALL.

GINGER SNAPS

1 cup sugar
1 cup butter
1 teaspoon ginger
1 teaspoon soda
1 cup molasses
1 egg (unbeaten)
1 teaspoon cinnamon
Flour to make a soft dough

Mix the sugar, molasses, and butter, and bring them to the boil. Let cool, and add the egg, seasonings, and flour sifted in till the mixture forms a soft dough. Roll thin, cut, and bake in a quick oven.

Contributed by CZECHO.

HAMBURGER MIXTURE

2 lbs. hamburger or ground pork
1 teaspoon flour
5 tablespoons chopped dill pickles
2 eggs
2 chopped onions
½ cup grated cheese

Mix ingredients, make into patties, and fry in butter.

Contributed by COLONEL BALL.

HAMHOCKS WITH SAUERKRAUT

4 lbs. fresh pigs' feet or hamhocks
2 cloves garlic
2 lbs. sauerkraut
2 onions
Large handful of parsley

Using a potato masher, pound the garlic in a wooden bowl, then chop the onions and parsley into the garlic. Add the sauerkraut and hamhocks (or pigs' feet), place in a kettle, and allow to simmer for 3 hours.

Contributed by MAJOR SCHAEFFER.

HASENPFEFFER

1 young rabbit
10 cloves
3 tablespoons flour
1 tablespoon vinegar
1 onion
3 tablespoons butter
1 teaspoon ground cinnamon

Joint the rabbit and soak in salted water several hours. Rinse in cold water, then place in boiling water along with the onion, which

has been studded with the cloves. Boil gently about 90 minutes, or until tender. Save the pot liquor. Remove the rabbit and wrap in flour, sauté in butter, and when it is a nice brown, sprinkle it with cinnamon and vinegar. Cover the fry-pan and let the rabbit smother over a small flame for about 15 minutes. Remove the rabbit to a heated platter. Make a gravy using the mixture in the fry-pan and the liquor in which the rabbit was boiled.

Contributed by Lt. Alfred Littlefield Smith, U.S.N. Medical Corps.

Lt. Smith is a native of Maine with a Down-Easter's appreciation of maple sap.

MAPLE COCKTAIL

1 jigger maple syrup
5 jiggers Rye or Bourbon
3 jiggers lemon juice
Shaved ice to fill shaker
Shake hard and serve

Contributed by MAJOR "PAPPY" ARCHER.

"Pappy" Archer served in the Spanish War, as a member of "Reilly's Battery" in the Boxer Campaign, in Mexico in 1911, throughout the first World War, and finally on Bataan. He was the hero of a best-seller in the Twenties.

OLD ARMY MINCEMEAT

5 lbs. beef (chuck will answer)
5 lbs. currants
15 lbs. raisins
2 lbs. candied citron
1 lb. orange peel
1 oz. ground black pepper
1 gal. (or more) sweet cider
1 qt. molasses
5 lbs. suet
20 lbs. dried apples
10 lbs. dried peaches
10 lbs. sugar
1 lb. lemon peel
1 lb. salt
1 qt. brandy

Grind finely the beef, suet (removing the membrane), and preserved fruits. Mix thoroughly with sugar and spices; add enough cider to moisten thoroughly and sufficient brandy to season with authority. Pack tightly in a stoutly made keg. When ready to use, add more cider and brandy and enough molasses to moisten (equal parts cider and molasses, about a third as much brandy). This recipe will make about 100 lbs. of mincemeat, enough to keep a platoon (or an entire boarding-school) happy through a long winter.

This recipe is unidentified, but the use of canned soup marks it as of American origin.

MUSHROOM NOODLES

1 package wide noodles
4 cloves garlic
1 cup cream or chicken stock
1 tablespoon flour
1 large handful parsley
1 can mushroom creamed soup
½ lb. fresh mushrooms (or 1 small can)

Boil the noodles in as large a pot as the kitchen affords in salted water for 10 minutes. Drain into a collander and pour cold water through the noodles. Place in a greased casserole. Grind the garlic beans and chop the parsley into the garlic, chopping it very fine. Fry the parsley in butter or oil; add flour, then the can of soup, then the mushrooms (including the liquor if canned mushrooms are used), and lastly the cream or stock. Season well with pepper and salt, and pour the sauce over the noddles, mixing it thoroughly. Cover, and bake in a slow oven (not over 300°) for at least an hour. When ready to serve, sift grated Parmesan cheese over the dish.

Contributed by MAJOR SCHAEFFER.

PICKLE SNACKS

1 large dill pickle

1 cream cheese or 2 oz. Kraft cheese

Core the pickle with a large corer; cream the cheese with the interior of the pickle, adding paprika and a dash of salt, a dash of mustard. Stuff the eviscerated pickle with the cheese, and set in the refrigerator to chill. When ready to serve slice crosswise, ½ inch thick, and place on crackers or toasted rounds of bread.

Contributed by COLONEL JOHN P. WOODBRIDGE, F.A., USMA 1926, nicknamed "Johnny." He was a generous soul, who, while giving half his ration of rice to a starving comrade, would console himself by talking of cheese and how to prepare it. He was lost on the December prison ship.

RAREBIT (No. 1)

1 pt. stale beer (or ale)
4 teaspoons Worcestershire sauce
½ teaspoon salt
3 eggs, separated and beaten
1¼ lb. sharp cheese, grated
¼ teaspoon tabasco
⅛ teaspoon pepper

Heat the beer (or ale), add the cheese and stir till cheese is melted. Remove from stove and add seasonings. Fold in beaten whites and beat till mixture is fluffy. Pour over egg yolks. Replace on stove, cook 3 minutes, and serve on toast, piping hot.

Contributed by CZECHO.

RAREBIT (No. 2)

1 lb. grated cheese
Yolk of 1 egg, beaten
½ teaspoon dry mustard
Salt to taste (about ½ teaspoon)
⅓ pt. beer or ale
1 teaspoon butter
Dash of cayenne pepper

Melt the butter, add the cheese, stirring constantly. When the cheese is melted, add the beer slowly. When well blended, add the egg yolk and seasonings. Stir well, serve on toast.

Contributed by CHICK FOWLER. This is the perfect recipe for a tidbit that must be prepared ahead of serving-time. Thanks to the flour it calls for, it will not separate, though

cooled and set aside indefinitely. Even the following day it can be reheated, and will emerge as smooth as though freshly made.

TOMATO RAREBIT

1 can tomato soup
1 tablespoon flour
1 cup grated cheese
1 tablespoon butter
Seasonings at the discretion of the cook.

Melt the butter, add the flour then the can of soup, lastly the cheese. Cook until the cheese is melted, stirring constantly. Serve on toast.

Contributed by MAJOR SCHAEFFER.

SAUERKRAUT

Shred fresh cabbage finely and pack in layers in a keg with generous sprinklings of salt between the layers. *Add no water.* Place a heavy weight on top and allow the kraut to stand for at least a week.

SAUSAGE

2½ lbs. ground beef
4 oz. salt
½ oz. sage
7½ lbs. ground pork
1 oz. black pepper freshly and coarsely ground
1 tablespoon ground ginger

Mix thoroughly and set in a cool place overnight. If desired, ½ oz. coriander may be added, also garlic to taste. Grind the garlic fine and mix with a little boiling water before adding.

CAPT. DANNY BARRY, Field Artillery, was a Reserve officer from New York State, who was awarded the D.S.C. on Bataan. With one battery of four field guns he held a position the Japanese propaganda leaflets later described as impregnable because of the "hundreds" of American guns that faced them. This recipe was handed down in his family from Colonial days, and is especially recommended because of the surprise it offers. It looks like a bland nursery dish, yet it packs a wallop. The delicately acid flavor is the result of combining butter with honey, a blend superior to the milk and honey of Paradise. With the other ingredients, it produces a subtle potency quite out of this world.

STONE FENCE

6 apples
½ cup strained honey
½ cup rum
3 tablespoons butter
1 cup sweet cider
½ cup apple jack

Core the apples and place in a baking dish, preferably earthenware. Heat the cider, add the butter and honey; when well blended, remove from stove and add the rum and apple jack. Pour the syrup over the apples, cover the dish tightly, and bake in a moderate oven till the apples are soft (about 40 minutes). Cool and serve, giving

thanks to York State, which produces both apples and men of a high order and knows how to bring out the best in them.

Unidentified, but obviously American.

TONGUE AND CHEESE ROLLS

¼ lb. smoked tongue
¼ lb. butter
1 small bottle stuffed olives
¼ lb. Swiss cheese
1 teaspoon Worcestershire
Salt and pepper to taste
2 or 3 hard French rolls, preferably the ones with square ends.

Put through the meat grinder the tongue, cheese, and butter; mix them thoroughly. Add seasonings. Cut off one end of each roll, and with a fork remove as much of the soft part as possible, leaving the crusty shell. Stuff the shell with the mixture, and lastly force the olives, lengthwise, through the center of the stuffed roll. Wrap the rolls in waxed paper and place in electric refrigerator for several hours. An ice-box will not serve, for the dehydration of an electric refrigerator is necessary to keep the crust crisp, while hardening the stuffing. When ready to serve, slice the rolls very thinly with a sharp knife, and smile mysteriously when your friends ask you how you managed to bake that delectable (and unidentifiable) stuffing in the roll.

Contributed by CZECHO for an impromptu midnight snack.

VEGETABLE OMELETTE

1 can condensed vegetable soup
¼ bell pepper, chopped
4 eggs
Horseradish to taste
½ onion, chopped
6 tablespoons catsup
1 teaspoon Worcestershire

Make the usual omelette, folding in the combined mixture of soup and seasonings.

MAJOR FRANK LIGHTFOOT, F.A., U.S.A., was a rough and tough fighter, endlessly helpful to his fellows on the Death March. In prison, when eating his handful of rice, he talked so enthusiastically of the ice-cream, chocolate, and eggs he had enjoyed in Indiana that he won the nickname of "Velvet." He was lost on the December 13th prison ship. He contributed this.

VELVET

5 servings vanilla ice cream
1 cup chocolate syrup
1 tablespoon malted milk powder
3 tablespoons marshmallow whip
1 egg
NO MILK

Mix in a chilled vessel and beat. (To enjoy this concoction one must possess a highly developed sweet-tooth.)

Contributed by CZECHO.

VIRGINIA BRUNSWICK STEW

1 lb. beef
1 chicken
1 cup onion, chopped
2 cups fresh uncooked corn
1 can tomatoes
1 lb. veal
¼ lb. salt pork diced
2 cups diced raw potatoes
2 cups uncooked lima beans
2 qts. cold water
Salt, pepper, cayenne to taste

Cut the beef, the veal, and the chicken into pieces suitable for serving; try out the salt pork using the grease to sauté the other meats lightly. Transfer the salt pork and other meats to a large kettle, along with the onion, potatoes, corn, and lima beans; add the water, and bring to a boil. Simmer for 2 hours. Add the tomatoes and, if desired, 1 teaspoon sugar. Boil for 1 hour longer.

Contributed by MAJOR LIGHTFOOT, he of the sweet-tooth.

WHITE CARGO

1 pt. vanilla ice cream
Dash of vanilla
½ pt. gin

Whip or shake in a cocktail shaker. Especially good on a hot afternoon.

BRITISH DISHES

THE following dishes were contributed by the few British survivors who arrived from Singapore late in August, 1944. They had been prisoners of war on the Malay Peninsula since early in 1942, and the Japanese had intended to ship them as slave labor to Japan. But an appalling number of them had died, and the survivors were so wrecked by starvation and other forms of cruelty that their captors regarded them as useless, and thrust them into Bilibid prison. They were confined in a different compound from Chick's, so all the British recipes, except the Scottish one, came to him second-hand, and unidentified. Surely they give the lie to the common assumption that the British are poor cooks; they happen to prefer meat and cheese to other fare, and no one can surpass them in the preparation of their favorite dishes.

CHEESE AND EGGS (ENGLISH)

12 eggs
½ lb. sharp cheese, grated
1 teaspoon Worcestershire sauce
Salt, pepper
1 lb. baked ham, ground
1 cup cracker crumbs
1 teaspoon English mustard
1 tablespoon butter

Grease generously with butter a rectangular tin (a bread tin will answer); break 4 eggs into the tin, season them with salt and pep-

per; cover with a layer of cheese, then a layer of ham (which has been seasoned with the Worcestershire and mustard), then a layer of cracker crumbs. Repeat 3 times. Dot the final layer of cracker-crumbs with butter, and bake in a moderate-to-hottish oven till the eggs are thoroughly cooked (about 25 to 30 minutes). Upturn onto a platter, slice, and serve with well-aged ale.

EDAM ALE SPREAD

Using an apple-corer, make a hole in an Edam cheese. Open a pint bottle of ale or heavy beer, set the cheese over the neck of the bottle, and invert the whole, placing the cheese in a fitting bowl till the ale is completely absorbed (overnight should be sufficient time). Remove the empty bottle, and serve the cheese on crackers or toast as an accompaniment to more ale, or something stronger.

BREAD SAUCE

To serve with wild duck or other game

1 cup soft breadcrumbs
½ pt. milk
2 cloves
1 tablespoon cream
1 onion
1 tablespoon butter
3 peppercorns
Salt, pepper

Peel the onion and thrust into it the cloves; set it in a pan along with the milk and the peppercorns. Bring it to the boil, then shake the breadcrumbs into it, add the butter, and allow the mixture to simmer for 10 minutes. Remove the onion and peppercorns, add the cream and seasonings, and serve very hot, along with a small

dish of hard breadcrumbs, to be shaken over each serving of sauce.

Note: This may arouse misgivings, for it looks like a bread-poultice, yet it steps up any gamey dish astonishingly.

HORSERADISH SAUCE

To be served with roast beef

1 stick horseradish
½ teaspoon English mustard
1 teaspoon sugar
1 tablespoon vinegar
½ cup heavy cream
Pinch of salt.

Dampen the ardor of the horseradish by submerging it in cold water for an hour; then scrub, peel, and grate it medium-fine. (This will hurt you more than it hurts the horseradish.) When you have recovered, add the horseradish to the mustard, sugar, salt, and vinegar, and blend thoroughly. Whip the cream and beat into it the other mixed ingredients; place in a cool spot till ready to serve.

Note: If fresh horseradish cannot be obtained, Heinz's dehydrated horseradish will serve, if the directions on the bottle are respected.

TOAD-IN-THE-HOLE

This is a well-known English method of using left-over meats, usually the tag-ends of the Sunday joint, although sausage, boiled ham, or bacon can be substituted if they are diced and the proper fats employed. By following the directions for YEOMAN YORKSHIRE PUDDING, the recipe that follows, the dish is promoted from the disparaging "left-overs" to one that can command enthusiasm in its own right. For it transforms the remnants of a roast or bits of pork in the ice-box from remainders to advance notice of a genuine feast. Prepare Yorkshire batter, and allow it to stand for an hour or more. Grease a shallow tin with beef-drippings (or the fat belonging to whatever meat is used) and set in the oven till it

is sizzling hot. Use plenty of grease, the more the better, and make sure the sides of the dish are amply greased. The oven should be set at 450°. Drop into the heated, well-greased pan the bits of meat, cut into inch cubes; pour the batter over the meat and bake as for Yorkshire pudding. This left-over dish is good even as a left-left-over, or for a cold snack.

YEOMAN YORKSHIRE PUDDING

1 egg
¾ cup of flour (measured before sifting)
1 cup milk
1 teaspoon salt

The pudding should be prepared as soon as the roast is placed in the oven, for the secret of success lies in permitting the batter to stand, covered and brooding, for an hour or more, the longer the better. Sift the flour and salt into a deep bowl, making a well into which the unbeaten egg is dropped. Add 4 tablespoons of the milk, and with a wooden spoon stir the egg and milk gently into the flour, so that the wall of flour gradually yields and drops into the liquid. When the mixture reaches the consistency of boiled custard add more milk till ¾ of the cup is used. Then beat with purpose and resolution, using a mixmaster if one is available. When the mixture is bland and smooth, add the final ¼ cup of milk and resume beating till the batter bubbles. Then cover and set aside.

Forty minutes before the roast is to be served supply a shallow, rectangular pan lavishly with fat from the roasting pan, making sure the sides of the pan are well-greased. Set it in the oven, and when it is sizzling hot pour in the batter, placing the pan on a rack above the roast. Increase the heat to 450°. This increase of heat will not harm the roast, for the pudding absorbs it. In about 25 minutes it should have risen and fallen, browned and crisp around

the edges, and of the consistency of very tender rubber in the middle. Cut in squares and serve with the roast.

Note: Any recipe that recommends baking powder in Yorkshire pudding is guilty of heresy, and should be shunned.

Contributed by LIEUTENANT COLONEL RONALD G. MACDONALD, U.S.M.A., 1922. He was born in Georgia, the son of a Scotsman; one of the prisoners lost on the ship that sailed from Manila December 13, 1944.

SCOTCH EGGS

4 hard-boiled eggs
1 small onion, grated
Salt, pepper
½ lb. cooked ground meat
½ cup grated cheese

The ground meat may be beef, lamb, chicken, tuna fish, or liver-and-bacon. Mix the meat thoroughly with onion and cheese, season heavily. Peel the eggs and coat them with the meat. Then wrap them in biscuit dough and fry in deep fat. (Or, if preferred, bake in a hot oven.)

BRANDY POTTAGE (WELSH)

A good chicken, a noble piece of ham, and a little shoulder of lamb,
Small to have the least of grease.
And then a paste of the roe of trout with cream,
A bit of butter and the yolk of an egg, whipped light and poured in.
When the chicken, proud with a stuffing of sage and thyme,
Has been elbowing the lamb and the ham in an earthenware pot
Till all three are as tender as the heart of a mother,
Then
In with the carrots and turnips and the goodness of marrow bones;
In with a mixture of milk and potatoes.
Now
Watch the clock, and every fifteen minutes pour in a noggin of brandy,
And the first noggin in, add a pint of home-brewed ale.
Two noggins in, and with the third, throw in the chopped bottoms of leeks,
But save the green leaves till ten minutes from the time you set to eat,
For then you will find them a lovely green.
Drink the liquor, praise God, and start upon the chicken.

ENGLISH PROSE TRANSLATION

1 young roasting chicken
4 lb. shoulder of lamb
2 cups cream
3 tablespoons butter
2 carrots, coarsely chopped
4 medium-sized potatoes cut in ½ inch cubes
1 cup milk
1 cup water
4 lb. piece of ham
1 lb. roe, trout preferred, but shad, herring, or white fish acceptable
3 lbs. marrow bones
1 egg yolk
2 turnips coarsely chopped
¾ pt. brandy
1 pt. ale
1 large bunch leeks

Stuffing For Chicken

4 cups soft bread crumbs
½ cup grated onion
Pinch of thyme
Salt, pepper
1 cup diced celery
2 tablespoons butter
Pinch of sage

Clean, stuff, and truss the chicken. If the ham is the commercial, "tenderized" variety, it needs no preparation; otherwise, it should be boiled and skinned. The shoulder of lamb needs merely to be rubbed with garlic, salted, peppered, and lightly floured.

If the roe is fresh it should be parboiled before being mashed with a fork; if canned, it may be mashed forthwith. Beat the egg yolk, add to it the cream, slightly whipped, and the butter, melted; then mix thoroughly with the roe, seasoning it with a dash of salt and white pepper. Spread the paste evenly over the meats, giving a slight preference to the chicken. Place the meats in a large French casserole and set in a slow oven, about 300°, for an hour.

During that time cook the marrowbones in just enough water to cover, faintly seasoned with marjoram; peel and slice the carrots and turnips and add them to the marrowbones. When the marrow is soft enough to extract, drain, and add the marrow (not the

bones), the carrots and turnips to the meats in the casserole, which must at all times be kept closely covered.

Half an hour after adding the marrow, carrots, and turnips, add the potatoes, which have been parboiled in the milk and water. Ten minutes should suffice for that process. If the meats seem too liquid, add only a little of the potato-liquor; if they seem dry, add it all.

Now, pour in a gill of brandy and a pint of ale (it need not be home-brewed, and if you are not a Welshman, you had better content yourself with any good commercial ale). In 15 minutes add a second gill of brandy, and in another 15, the third gill, along with the bottoms of the leeks, coarsely chopped. Ten minutes before serving, toss in the chopped greens. The meats should cook about 2½ hours.

This dish must not be hurried or trifled with, and it should be prepared only for people you love and whose palates you esteem, for an occasion worthy of remembrance. Its preparation will prove almost as rich an experience as its consumption can offer, and you will not regret the expenditure of time, care, and materials. In fact, you will understand how the unknown Welsh sailor could feed his spirit on the memory of BRANDY POTTAGE, and be eager to communicate the loving details to an American he never saw, in the hope that its goodness would sometime, somewhere be re-created.

CHINESE DISHES

The contributor of this and the following Chinese dishes was a Chinese mestizo, who had been a chef in a famous Manila club. At Fort Santiago, the most dangerously cruel of all the Japanese prisons, he was a fellow-captive of an American officer, a Commander in the Naval Reserve. Huddled in jack-knife fashion on the dank stone floor in so deep a gloom that neither could see the other, the two men carried on a broken conversation in whispers. Since almost the only subject they had in common was their hunger, they talked chiefly of food, and the mestizo repeated again and again in great detail the method of preparing the dishes he most valued. As the days dragged into endless weeks, the Commander learned the recipes by heart, and later, at Bilibid, he gave them to Chick.

CHINESE DUCK

1 young duck
2 tablespoons brown sugar
2 garlic cloves (unskinned)
1 tablespoon allspice
1 package frozen peas
3 tablespoons soy sauce
1 tablespoon black molasses
8 water chestnuts
1 tablespoon cornstarch

Place unstuffed duck in water just to cover. Bring to the boil and add the other ingredients, except the peas and cornstarch. Boil

gently for 2 or 2½ hours, or until two-thirds of the water has evaporated. Remove the duck and place in a hot oven to brown (about 15 minutes). Thicken the pot liquor with cornstarch dissolved in a little water, and add the peas. Pour the sauce and the peas over the duck, and serve.

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EGG FOO YUNG

- 4 eggs
- ¼ teaspoon baking powder
- 1 cup chopped vegetables
- 4 tablespoons evaporated milk
- 1 cup flaked, cooked fish or crab meat
- ¼ cup grated cheese

The vegetables should consist of equal parts of onion, celery, carrot, and bean sprouts.

Beat the eggs without separating them and add the milk as you beat, lastly the baking powder. Pour half the mixture into a greased fry-pan and cook until the eggs begin to set. Add the fish (or crab) and the chopped raw vegetables; cover with remaining egg mixture. Top with grated cheese and complete the cooking as an omelet. Serve with soy sauce.

CHINESE SHRIMP

- 1 lb shrimp (boiled and shelled)
- 1 diced onion
- 1½ cups grated cheese
- ½ oz. salt
- ¼ lb. diced bacon
- 2 oz. butter
- 10 cups steamed rice
- 1 cup chopped peanuts

Fry the bacon, add the shrimp and onion, frying them lightly in the bacon grease. Mix with remaining ingredients, place in a casserole, cover with grated cheese, and bake 30 minutes in a moderate oven.

SWEET-PUNGENT FISH

2 lbs. fresh fish, hake, cod, or halibut, cut in pieces suitable for serving. Fry in deep peanut oil and serve with the following sauce:

- 1 cup boiling water
- ½ teaspoon ground ginger root
- 1 teaspoon salt
- 4 tablespoons soy sauce
- ¼ cup vinegar
- ½ cup sugar
- 1 tablespoon sherry
- 1 tablespoon cornstarch

Boil the sauce gently till all the ingredients are thoroughly blended; thicken with the cornstarch, using more or less than the given amount according to individual preference for a thick or thin sauce. Pour the sauce over the fried fish, and serve.

SWEET-SOUR PORK

- 2 lbs. fresh pork
- 1 cup molasses
- 1 cup ground peanuts
- 1 teaspoon soy sauce
- 2 cups brown sugar
- 3 cups wine vinegar
- 1 lemon (juice and rind)
- Salt, pepper

Select pork from the shoulder and cut into pieces suitable for serving. Rub thoroughly with salt and pepper. In deep fry-pan boil the other ingredients. Immerse each piece separately in the bubbling sauce for 15 minutes, then drop the piece into another saucepan containing just sufficient water to cover. The water should simmer, not boil. When the pieces have all been immersed and transferred

to the second vessel, pour the remainder of the frying mixture into the pan of water, simmer a few minutes, stirring well, and serve. It is important that each piece be cooked separately and for a full 15 minutes.

FILIPINO DISHES

Contributed by MAJOR A. N. POWELL, U.S.A. Reserve, an American born and raised in the Philippines. His father, who had practised law in Cebu since 1900, was past sixty at the outbreak of the war, but both he and his son volunteered for service, the elder man being commissioned a lieutenant-colonel, the younger one eventually attaining the rank of major. In his early days in the Philippines, Colonel Powell had made a hobby of native handicrafts, and he rendered invaluable aid to his fellow-prisoners by making bamboo bunks, kapok mattresses, dozens of ingenious alleviations for the injured and helpless. Both father and son were lost on the December 13th ship.

CHICKEN IN COCOANUT

1 young chicken
Salt, pepper
1 large cocoanut
Biscuit dough

Parboil the chicken (about 25 minutes), then disjoint it. With a sharp heavy knife (or a small saw) cut off the top of the cocoanut neatly. Pour the milk into a bowl and with a fork score and partially shred the meat that clings to the shell. Salt and pepper the chicken heavily, rubbing the seasonings into the flesh; pack the pieces tightly into the cocoanut shell, add the shreds of meat and

the milk. Replace the top and seal it with biscuit dough. Bake in a moderate oven 1 hour.

Note: Several small cocoanuts may be used so each guest can be served with one. Any remaining biscuit dough may be rolled and cut as usual and placed in the oven 40 minutes after the chicken; the oven temperature can be increased in favor of the biscuits without damage to the chicken if the biscuits are placed on a rack above the chicken.

Contributed by MAJOR WADE COTHRAN of South Carolina, a West Pointer who resigned in 1918 and became a resident of China and the Philippines. He served on Bataan, and by General King's orders on April 9th, 1942, at dawn he made his way through the desperate fighting of both front lines to deliver to the Japanese the final terms by which our forces agreed to surrender Bataan. He was lost on the December 13th ship.

COCO-HONEY

1 cocoanut **1 cup sugar**

Press the juice from the cocoanut meat, add the sugar and mix with the cocoanut milk. Simmer uncovered till the milk is reduced by half. (About 40 minutes). Set aside to cool. Serve on hot-cakes or biscuits.

Contributed by MAJOR COTHRAN.

FILIPINO PANCAKES

1 cup wheat flour
1 cup cocoanut flour
2 tablespoons melted butter
½ teaspoon salt
1 cup rice flour
2 tablespoons baking powder
2 eggs
cocoanut milk

Mix dry ingredients, sifted after measuring. Add eggs, unseparated and beaten; butter, and enough cocoanut milk to make a thick batter. Bake on a hot griddle and serve with coco-honey and butter.

Contributed by CAPT. C. Z. BARBERO, 91st F.A., P.A., one of the Filipino officers under Czecho's command. He was reported to have been executed by the Japanese Gestapo just before the Americans captured Manila.

PANCHITAS (No. 1)

1 cup powdered sugar
½ cup peanut butter

Mix till a paste is formed of a consistency to roll. Roll to the thickness of ¼ inch and place on an oiled tin. Dust with more powdered sugar and bake in a quick oven till lightly browned.

Contributed by CAPT. BARBERO.

PANCHITAS (No. 2)

6 cups brown sugar
3 cups peanut butter
3 cups cream
¼ lb. butter
3 eggs

Beat the unseparated eggs, add the cream and beat again. Add the sugar and the butter (melted with the peanut butter), beating thoroughly each added ingredient. Mix well and chill. Cut in squares and bake on a very quick griddle.

Contributed by MAJOR "VIC" GOMEZ, 91st F.A., P.A., another Filipino officer of Czecho's command. He escaped execution by the Japanese Gestapo by fleeing to the hills of Northern Luzon with his family, where he served as a guerrilla and later joined the American forces at Lingayen Gulf.

PANCIT

½ lb. chopped ham, pork, or beef
2 cloves garlic
¼ lb. bamboo shoots or bean sprouts
2 chopped tomatoes
Soy sauce, salt, pepper
1 bunch young onions
4 green peppers
4 hot peppers
2 sticks celery, diced

The meat must be chopped very fine, then browned in a well-greased skillet. Add the chopped vegetables and seasonings. Fry till medium-done. Serve on boiled noodles or rice.

FRENCH DISHES

Contributed by a French seaman who had served as cook on a British vessel and was captured with the British at Singapore. He was one of the survivors destined for Japan, but was sent instead to Bilibid.

BABA AU RHUM

2 cups flour (measured after sifting)
¼ cup lukewarm milk
⅓ cup butter
⅛ teaspoon salt
1 cake yeast
4 eggs
1½ tablespoons sugar

Sift the flour (a second time) into a mixing bowl, making a hollow in the center. Dissolve the yeast in the warm milk and pour into the hollow. Cover and allow to stand for 5 minutes. Then add the eggs, beaten without separating them, and mix the dough thoroughly, using a wooden spoon. Then knead with the hands for 5 minutes. Cover once more and allow the dough to stand for ½ hour.

Melt (but barely melt) the butter and add it to the dough along with the sugar and salt. Beat well, then turn onto scantly floured board. Toss and knead for 5 minutes. This is the tricky stage, but have faith and do not add more flour.

Place in a greased sponge-cake tin (one with a tube up the center); pat down evenly, cover, and allow to rise in a warm place till double in bulk. Bake in a moderate oven (375°) for 40 minutes.

While still warm loosen the cake from the sides of the pan and invert on a cake rack.

Rhum Sauce

⅔ lb. sugar
⅔ cup water
1½ cups rum

Combine sugar and water. Cook slowly till sugar is dissolved, then boil for 3 minutes and cool. Add the rum and stir till well blended.

Set the cake bottom-side up on an ample serving dish and prick the crust in many places with a fork. Spoon the sauce evenly over the surface slowly, with many pauses. When the cake has absorbed half the sauce, turn it right side up and repeat the process. Allow it to stand at least an hour, longer if possible.

Contributed by CZECHO.

FRENCH APPLE PIE

6 apples
1 cup raisins
1 cup water
½ cup brown sugar
1 tablespoon cornstarch
¼ teaspoon vanila

Pare, core, and slice the apples very thin, placing them in a deep pie-dish. Place the raisins, sugar, and half the cup of water in a saucepan and bring to the boil. Thicken with the cornstarch dissolved in the other half-cup of water, flavor with vanila, and mix thoroughly with the apples. Cover with a rich pie-crust and bake 45 minutes, the first 10 in a hot oven, then reduce the heat to about 375°.

Contributed by CZECHO.

FRENCH (or CUBAN) BREAD

1 loaf French bread
¼ lb. butter, melted
1 clove garlic

Slice the bread about an inch per slice, cutting to, but not through, the bottom crust. Pound the garlic bean, mix it well with the butter, and annoint the slices. Set in a hot oven for a few minutes and serve.

Contributed by the French sea-cook who also contributed the *Baba au Rhum.*

FISH STUFFING

4 cups bread or cracker crumbs
¼ cup port wine
1 teaspoon allspice
½ teaspoon tumeric
½ cup tomato juice
1 cup diced celery
2 lemons, both juice and rind
1 teaspoon salt
1 grated onion
½ cup currants
½ cup diced crisp bacon
Sprig of parsley chopped

Fry the celery, onion, parsley, and spices lightly for 10 minutes. Mix with other ingredients and stuff any 5 to 8 lb. fish, first wiping fish with cloth dipped in vinegar. Bake 50 minutes.

ITALIAN DISHES

None of the following dishes can be specifically identified. There were a good many prisoners at Bilibid of Italian descent, all of them with detailed recollections of especially cherished dishes, many of them sharing the same preferences but disagreeing volubly as to the method of preparation. Chick limited himself to the recipes on which they all agreed.

ANCHOVY BUTTER

Yolks of 4 hard-boiled eggs
½ cup butter
1 can anchovy filets
Paprika to taste

Mix ingredients to a smooth paste and serve on hot toast.

PICKLED ANCHOVIES

3 cans flat anchovy filets
1 onion, sliced very thin
½ teaspoon peppercorns
Juice of 1 lemon
3 bay leaves
2 cloves garlic, minced
½ teaspoon salt
Wine vinegar

Drain the oil from the anchovies, place them in a bowl, and cover with vinegar overnight. In the morning, drain them once more and lay them in a small bowl or wide-mouthed jar: a layer of anchovies,

then a bayleaf, a sprinkle of garlic and peppercorns, and a layer of onions. Repeat till the ingredients are all in the bowl (or jar). Add the salt to the lemon juice and pour over the anchovies, then add fresh vinegar (not the vinegar in which they were soaked) to cover. Cover closely and let the pickle stand for 24 hours.

Note: This method will also serve for artichoke hearts, and either pickle will make toothsome canapés; the anchovies should be served on a slice of hard-boiled egg, which has been placed on a round of toast spread with mayonnaise, while the artichoke hearts, sliced, need only the round of toast (plus mayonnaise) and may be topped by a caper.

BOLOGNA

10 lbs. chopped beef
¼ oz. pounded mace
2½ oz. black pepper
2½ lbs. chopped pork
¼ oz. ground cloves
1 oz. salt

Mix, and allow to stand for 12 hours. Stuff into a cloth bag. Place in a cool dry spot for 5 days. Smoke for 8 days. Hang in a dry, dark place.

HOLIDAY CAKE

1 doz. egg yolks
5 lbs. flour
3 cups chopped nuts
2 lbs. sugar
½ cup milk
1 teaspoon anisette

Beat the egg yolks until they are pale, adding the anisette, then the sugar, gradually till they are blended. Knead in the flour, adding the milk as required (the exact amount can be only approximated; the dough should be stiff, but should hold together sufficiently to

roll). Sprinkle the nuts over the dough and knead them into it. Roll lightly, cut in any desired shape, and fry in deep olive oil. (These are really glorified doughnuts.)

MEAT PIE

18 hardboiled eggs
4½ lbs. Italian sausage
4 lbs. fresh ham
½ lb. lard
2 lbs. brick cheese
2 lbs. cream cheese
½ bunch parsley
Biscuit dough

Run ham, sausage, cheese, and parsley through the meat grinder; quarter the eggs, and combine the cream cheese with the lard (reserving a little of the lard to grease the baking-dish). Pack the dish, taking care to distribute the eggs evenly; cover with a very short biscuit dough, well-pricked, and bake in a 400° oven for 15 minutes; then reduce the heat to 350° for another 20 minutes.

STUFFING FOR SHOULDER OF LAMB

½ cup olive oil
½ cup diced celery
1 diced green pepper
2 cloves garlic, pounded
¼ teaspoon sage
½ cup grated Parmesan cheese
Salt, pepper
3 eggs, beaten unseparated
⅔ cup diced onion
1 diced pimento
6 cups rye breadcrumbs
⅛ teaspoon thyme
½ cup sauterne

Mix olive oil, beaten eggs, and bread crumbs. Mix other ingredients (except the wine). Combine the two mixtures, blend thoroughly, and add the wine.

Note: This stuffing is equally good if used as a blanket over a leg of lamb.

JAVANESE DISHES

The description of this Dutch Colonial banquet was contributed by two Dutch seamen, pre-war chefs in the fabulous homes of Dutch "oil kings" on Java. The details were obtained and verified by Lieutenant Commander Joseph L. Zundell, Medical Corps, U.S.N., who, while on a cruise before Pearl Harbor, had been a guest at a Rijstafel. Later, although he was unfamiliar with the ingredients or the preparation of the feast, he discussed it exhaustively with the two Dutch seamen when they were all prisoners of war at Bilibid.

RIJSTAFEL (RICETABLE)

This is a monumental feast; the bricks and mortar are steamed rice and Java Hot Sauce, the surrounding dishes being the rich architectural details that make it memorable. The recipe for steamed rice has been given earlier in the book (under CLAMS STEAMED WITH RICE, page 9, the recipe for Java Hot Sauce follows. But the 28 accompanying dishes are merely described, a challenge to the gourmet rather than advice to the cook. Few of us can obtain the materials or spare the time (or the cubic alimentary capacity) for a genuine Rijstafel. Yet every gustatory adventurer wants to know about it, even though he may experience it only as Mark Twain climbed the Alps, seated on a balcony with binoculars

17. Half chicken: Boil in cocoanut milk, red peppers, garlic, and salt.
18. Meat Fricadel (croquettes): Mix good ground meat (either beef or pork) with mashed potatoes, eggs, parsley, white pepper, garlic, salt, and leeks. Make into any desired shape. Fry in oil.
19. Fish fricadel: Mix shredded fish or shrimp with mashed potatoes, pechay (a kind of spinach), parsley, eggs, pepper, salt.
20. Servendel: Fry small cubes of meat mixed with grated cocoanut, peanuts, salt, and hot sauce.
21. Iman Pandany: Make a paste of curry powder, peanuts, garlic, sugar, and chopped red peppers. Fry the paste for a few minutes in oil, add more oil and raw fish cut in cubes. Let the fish fry for a few minutes. Remove from the fire and cool. Add water and return to the fire, boiling slowly till the fish and curry are of a good consistency. Add 1 tablespoon hot sauce and a few drops of oil of citronella and a dash of allspice.
22. Tomatoes: Hollowed out and filled with chopped meat, cucumber, and hot sauce.
23. Chicken Fricadel: Made of ground chicken and hot sauce.
24. Sajourmenny: Make a paste of curry, garlic, onions, and peppers. Fry in oil. Add plenty of cocoanut fluid, then pieces of cabbage, chopped green beans and other vegetables cut in small strips. Cook till well done and of a proper consistency. The result is a fried salad.
25. Oreal Are: Young white cabbage, pechay (or spinach) cooked in cocoanut fluid and hot sauce and eggs.
26. Peanuts fried in oil.
27. Fish: Boiled in white cocoanut fluid with garlic, salt, and hot sauce.

SAM BAL (Hot Sauce)

4 tablespoons tuna or other white fish
2 tablespoons brown sugar
½ cup chopped red peppers (minus the seeds)
Peanut or olive oil
1 clove garlic
½ chopped onion
1 yeastcake
½ teaspoon salt

Mix and grind the fish, yeast, garlic, and sugar in a stone mortar (or a hardy wooden bowl and potato masher will serve) till a paste is formed. Allow it to stand, covered, for 24 hours. Mix and grind the peppers, onion, and salt till a paste is formed. Fry the first paste in the oil till the fish is cooked, then add the second paste. Be sure to use plenty of oil for the frying, and cover while cooking. Cook until the oil turns red from the peppers. Cool, place in a covered jar, and store in the refrigerator.

MEXICAN DISHES

THESE recipes were contributed by MAJOR MEMORY H. CAIN and came from him and members of his regiment of the New Mexico National Guard, the 200th Anti-Aircraft unit, which won high renown. Arriving in the Philippines before Pearl Harbor, the regiment first went into action in defense of Clark Field, and later fought stoutly on Bataan. On the day before surrender all the reserves had been exhausted, and the regiment was called upon to abandon its anti-aircraft guns and bolster up the frail defense line as Infantry. "The Major" who had now become Colonel and the remnants of his regiment endured the Death March and the enfeebling journeys from one prison camp to another; he and a tragically small group of his men survived and were rescued when our troops recaptured Manila.

Four recipes for Barbecue Sauce are given because each contributor was convinced that his concoction was superior to the others. All of them are good, their special virtue depending on the number of feasters and the time permitted for preparation.

BARBECUE SAUCE (No. 1)

1 gal. water
1 lb. chopped onions
Garlic and salt to taste
1 qt. vinegar
4 oz. chili powder

Boil slowly for several hours till reduced to 1 gal.

BARBECUE SAUCE (No. 2)

- 1 can tomato paste
- 1 can tomato purée
- 1 chopped onion
- 1 teaspoon allspice
- 1 teaspoon mace
- 1 clove garlic
- ½ teaspoon salt
- Grated rind of 1 lemon
- 2 teaspoons tabasco
- 1 qt. water

Simmer for several hours.

BARBECUE SAUCE (No. 3)

- 1 gal. mayonnaise
- 3 oz. Worcestershire sauce
- 2½ teaspoons salt
- Dash of tabasco
- 1 qt. catsup
- 4 tablespoons vinegar
- 2½ teaspoons sugar
- Pinch of celery seed

Mix thoroughly. Store in a cool dark place and allow it to ripen for several days before using.

Note: If the barbecue consists of lamb, add mint to the sauce.

BARBECUE SAUCE (No. 4)

- ½ cup butter
- 2 tablespoons chopped onion
- 4 slices lemon
- 1 cup vinegar
- 1 sour pickle, chopped
- 2 tablespoons Worcestershire
- 1 chopped green pepper
- 1 teaspoon chili powder

Mix the ingredients, simmer until blended, stirring constantly. This sauce is more safely cooked in a double-boiler.

PINTO BEANS

2 cups pinto beans

2 lbs. ham hocks or side of pork

Soak the beans overnight and in the morning drain them, then place them in a stew-pot and pour over them sufficient boiling water to cover them one inch. Add the ham hocks or pork. Cook over a slow fire for 10 hours, adding water if necessary. When the beans are thoroughly cooked they should be almost dry.

PINTO BEANS, FRIED

Prepare and cook as above. When the beans have cooled, wash in cold water. Fry them along with chopped onions and green peppers.

CHILI CON CARNE

2 lbs. ground meat, preferably beef
1 tablespoon salt
3 dried sliced chili peppers
3 cloves garlic
1 No. 2 can tomatoes
1 lb. beef suet
4 teaspoons chili powder
¼ oz. caraway seed
1 chopped onion
½ teaspoon black pepper

Chop the suet, removing the membrane; place in a heated fry-pan, and when sizzling hot, add the meat. As soon as it has browned, add the other ingredients, the tomatoes and peppers last. Let the whole simmer for 15 minutes. Add boiled pinto beans to thicken the mixture. (For Pinto Beans, see above.)

a saucer one at a time and slide them gently into the sauce; cover and cook softly until the eggs are of a consistency to suit the individual taste.

ENCHILADAS

Make tortillas (see below) and heat them in a well greased, very hot skillet. Stack 3 on each plate, pouring over each cake a mixture of chili sauce (see above) and finely ground cooked meat. Pour over the entire stack chili sauce with no meat added. Sprinkle with finely chopped onion and grated cheese. Top with 2 fried eggs, sunnyside up.

MEXICAN SAUCE (BASIC)

2 tomatoes
1 chopped green pepper
1 chopped onion
6 chili peppers

Fry in hot grease 10 minutes. Add 1 cup grated cheese, stir until cheese is melted.

TAMALE PIE

Tortilla dough (see below)
1 large or 2 small onions
½ cup green olives
¼ cup stock
2 lbs. chopped beef, chicken, or pork
2 cloves garlic
1 tablespoon olive oil

Grind the garlic, then chop into it the onions, pepper, and pitted olives. The stock can be made by dissolving 2 bouillon cubes in hot water. Mix all the ingredients thoroughly, then place in a baking-dish that has been lined with the tortilla dough rolled to ¼ inch thickness. (You will be filled with foreboding, and vastly surprised to find that the dough holds its shape and does its job.) Cover with

a circle of dough, pierced to allow the steam to escape. Bake in a 400° oven for about 30 minutes, reducing the heat if the crust browns too quickly. Serve with chili sauce, fried pinto beans, and avocado salad.

TORTILLAS

2 cups yellow corn meal
½ cup bacon grease
2 teaspoons salt
2 cups wheat flour
½ cup water

Mix and roll into cakes 6 to 8 inches in diameter. Fry on a dry griddle. Turn once.

POLISH DISHES

THIS recipe, like the two that follow it, cannot be identified beyond explaining that several of the prisoners were of Polish descent, both Christian and Jewish. Their names were difficult to pronounce and hence, to remember; anyway, none of the contributors cared about authorship, though all of them wanted to make sure the dishes were credited to Poland.

BUVALA

3 eggs
1 cup sugar
milk
¼ teaspoon salt
1 cup cracker crumbs or corn meal

Whip the egg whites until stiff, beat the yolks with the salt and sugar; add the cracker crumbs (or corn meal) to the yolks, then fold in the whites, adding only enough milk to make a maleable dough. Mold into little cakes and fry in deep fat.

TIMIS-KOSHER MEAT PIE

1½ cups diced carrots
3 cups diced cooked meat
1 cup water
Salt, pepper
1½ cups diced potatoes
1 tablespoon chicken fat or suet
¼ teaspoon sugar

Mix ingredients and place in a baking-dish; top with dumpling

dough and bake in a moderate oven (375°) for a good half hour. Lima beans may be added to the other ingredients if desired.

POLISH SAUCE

To be served with spaghetti or noodles

½ lb. diced fresh pork
6 slices diced bacon
3 tablespoons fat, preferably lard
4 doz. shrimps
¾ cup diced onion

Boil the shrimps for 15 minutes, cool them and remove the shells. Brown the meat, bacon, and onions in the fat; add sufficient flour and water to make a tolerably thick gravy; add the shrimps and allow the mixture to simmer for an hour.

RUSSIAN DISHES

Lt. A. B. Davis, U.S.A., is a young Reserve officer who was living in Shanghai before Pearl Harbor, was interned at Santo Tomas, then returned to Shanghai, and later, by one of those miracles as inexplicable as they are blessed, was exchanged, and returned on the second voyage of the *Gripsholm*. He immediately applied for his commission and eventually circled the globe once more, this time by air, to serve in the interior of China as an Intelligence officer. His latest assignment must have been peculiarly gratifying: that of aiding the released prisoners and internees, many of them men and women who had so generously wished him Godspeed when he was released and they had to remain in captivity.

Though contributed by an American, who obtained the recipe from his Shanghai Number One boy, this dish is authentically Russian.

BEEF À LA STROGONOFF

1 lb. filet mignon
1 tin tomato paste
1 cup sour cream
Salt, pepper
1 cup sliced onions
1 lb. fresh mushrooms
½ cup water
2 tablespoons butter

If filet mignon is not obtainable, round steak will serve, but it must be heavily salted and peppered and marinated overnight in red

wine. If fresh mushrooms are not available, the canned variety will answer, and the liquor in the can may be used instead of the ½ cup of water. If sour cream is not to be had, fresh cream can be soured by the addition of the juice of a lemon, allowing a few hours for the cream to clot.

Cut the beef in fingers across the grain. Fry the onions in the butter till a golden brown; add the tomato paste, then the water. Simmer for 15 minutes. Add the mushrooms, sliced thin, and simmer another 10 minutes. Then add the cream, stir gently, and allow to simmer until 20 minutes before serving. Then add the meat, but do not let the mixture boil hard, or the meat cook too long, or it will become tough. This will make 4 large or 6 modest portions. Steamed rice, French fried potatoes, or French garlic-bread makes an excellent accompaniment to this dish.

This and the recipe following were contributed by Russians, one a seaman, the other a mining engineer, who volunteered to serve in the defense of Bataan. When captured, they were held by the Japanese as military prisoners.

CHICKEN À LA KIEV

1 roasting chicken
Batter, fairly thick
1 lb. butter, creamed

Steam the chicken, let it cool, and cut in large slices; roll in the creamed butter and wrap in the batter. Fry in deep fat until crisp and brown.

Batter:

2 eggs
½ teaspoon salt
⅔ cup cornstarch
4 teaspoons melted butter
⅔ cup flour
⅔ cup beer

Beat the eggs separated, and to the beaten yolks add the butter, salt, half the beer, and the flour and cornstarch sifted together. Add remaining beer gradually, then fold in the beaten whites. This batter should be used as soon as it is made; it becomes tough if allowed to stand.

Note: To enjoy this dish safely, use your napkin as a bib and be prepared for "butter explosions" when cutting your portion.

COLUWITZ

1 lb. hamburger
1 onion
Salt, pepper
3 hardboiled eggs
2 tablespoons melted butter

Chop the onion and eggs together, add the hamburger and seasonings, mixing them thoroughly with the melted butter. Wrap small handfuls of the mixture in wilted cabbage leaves, fasten with a toothpick, and fry in butter.

SCANDINAVIAN DISHES

THIS and the following recipes were contributed by several Scandinavian seamen, who were caught by the Japanese naval blockade. They rendered invaluable assistance to our forces on Bataan and Corregidor by manning small boats as blockade runners, bringing food from other parts of the Islands to our beleaguered garrisons.

DANISH ROAST GOOSE

Select a goose with pale red beak and feet and a smooth skin. It should weigh about 12 lbs. Hang it for 3 or 4 days before cooking. Wash with tepid water, brush thoroughly, and dry with a fair cloth. Then remove the insides, rinse with cold water, and rub inside and out with salt, black pepper, and a dash of cinnamon.

Stuff the goose with dried prunes and dried apples in equal parts. Do not soak or cook the fruits and do not pack them tightly, for the purpose of the stuffing is to swell the fruits, and permit them to absorb the grease, and enjoy them with the goose later.

Place in a very hot oven, and when (in about 10 minutes) the skin begins to brown, draw off the excess fat by piercing the breast, thighs, and wings, an ice-pick making a good dagger. Reduce the heat to about 300° and roast the goose for at least another two hours, basting it with sherry or orange juice or diluted lemon juice. (A mixture of the three is superior to any one of them).

NORWEGIAN LUT FISK

2½ lbs. Lut fisk
1 gal. water
7 teaspoons lye
1 lb. slaked lime

Lut fisk can be obtained at any good Scandinavian delicatessen store; it comes in long strips, about 2½ lbs. to a strip. It is as hard as a plank, and a saw must be used to cut it in 5-inch pieces, though an ax will serve. Soak the pieces for 3 days in water, changing the water daily. Then split the pieces lengthwise.

Dissolve the lye in the gallon of water; take an earthenware crock and place the fish in layers, sprinkling each layer with the slaked lime; cover with the lye solution. Allow the fish to remain in the crock for 5 days, adding plain water as the fish swells, changing the water every 12 hours.

The fish is now ready for cooking, though it need not all be used at once; remove it from the crock as required, changing the water daily to cover the pieces remaining in the crock.

Drain the fish and poach in milk and water (⅔ milk) and serve with a cream sauce, using the poaching-liquor and adding capers and chopped hard-boiled eggs.

This is a Christmas dish, and well worth the labor it requires.

PICKLED HERRING

Skin and bone an Iceland herring and soak it overnight. (The herring can be obtained at a Scandinavian delicatessen store; it should be plump and very dry.)

In the morning remove any remaining bones and cut into small

pieces. In a bowl place a layer of herring, sprinkled with crushed allspice and peppercorns and the merest pinch of sugar, a bay leaf, and sliced onions. Repeat till the bowl is filled. Then cover with vinegar and store in a cool place for 24 hours.

SWEDISH MEAT BALLS

4 slices white bread
¼ lb. ground fresh pork
2 eggs
½ teaspoon black pepper
1 large onion
2 lbs. ground chuck beef
¾ cup milk
2 teaspoons salt
¼ teaspoon allspice

Soak the bread in the milk; grate the onion; beat the eggs without separating them. Combine all the ingredients, mix thoroughly and knead the mixture with vigor and resolution. The more thorough the kneading, the better the meat balls. Form in quite small balls and fry in butter.

POTATO PANCAKES

6 potatoes
1 egg
1 teaspoon sugar
½ cup milk
1½ teaspoons salt
flour

Peel and grate the potatoes, add other ingredients, using only enough flour to bind the mixture together. The batter should be thin. Drop by spoonfuls in hot grease in a fry-pan. These pancakes require more grease and a hotter pan than other pancakes.

SWEETSOUR BEANS

2 cups pink kidney beans **1 large stick cinnamon**

Place beans and cinnamon stick in a saucepan with more than enough water to cover. Let it boil till the beans are soft (about 3 hours) adding more water as needed. When the beans are soft, add brown sugar and vinegar to taste, a pat of butter, and salt. Thicken with cornstarch.

SWISS DISH

THIS recipe was contributed by a Filipino-American mestizo, who had been a cook at the Swiss Consulate in Manila.

SWISS TENDUE

2 lbs. grated Swiss cheese
2 tablespoons cherry brandy
1 pt. white wine
dash of nutmeg

Melt the cheese, add the wine, and simmer until wine has been sufficiently reduced to render the mixture medium-thick. Add the nutmeg, then the brandy. Serve with Vienna bread.

TIPS ON TECHNIQUE

THESE are the gleanings jotted down from the many observations and suggestions made during the interminable discussions of food and its preparation carried on during three years in prison camps.

MEATS

To Dry Beef: Select lean beef, chuck or brisket, in pieces weighing about one pound. Brown the salt as you would coffee (in a shallow pan in a coolish oven). While salt is still hot roll each piece of meat in it thoroughly. Pack in a crock for 5 days; then remove and hang in a cool dry place.

To Cure Ham: Pack fresh ham in salt for 5 or 6 weeks, using plenty of coarse salt. Then remove and deposit in boiling water. Allow the ham to stand in the water till cool; then drain and rub the flesh side with black pepper. Hang in a dry place.

To Preserve Smoked Hams: Rub flesh side with molasses. Coat with black pepper. Enclose in cloth sack. Hang in dry place.

To Promote Ham to Ambrosia: Boil the ham, tightly covered, 30 minutes to the pound, adding 1 qt. strained honey to the water (less if the ham is small). Allow ham to cool in its own liquor. Or boil ham in medium-strong coffee and white corn syrup, half and half.

To Improve Cheap Cuts of Meat: (especially for braising or stew). Cut the meat in sizes suitable for serving, salt and pepper heavily, and pack snugly in a glass or enameled dish: pour over it sufficient cheap red wine to cover. Allow it to stand several hours, overnight if possible, turning the meat once. It will soak up most of the wine, and will also look utterly repulsive, but it will emerge tender, and the little wine remaining can be profitably used in the sauce or gravy.

To Hasten and Improve the Roasting of Meats: Prepare the roast, whether beef or leg of lamb, as usual; then stud it with nails, using ordinary nails (at least three inches long) or metal skewers if obtainable. A leg of lamb will take about 15 nails, a roast of beef more or less according to size. It is advisable to count the nails when inserting them and again when extracting them (with kitchen tongs) before serving. This technique reduces the time of cooking by at least 3 minutes per pound, and because the metal carries the heat swiftly to the very heart of the roast, the meat emerges more evenly roasted, more succulent and tender, and with less shrinkage than one might think possible. Even a mediocre piece of meat will respond gratefully to nail-studding, and having once tried the experiment, the cook will keep a handful of nails in the kitchen and bless the unidentified soldier who suggested their use.

POULTRY

Duck: Stuff fat domestic duck with sauerkraut. It improves both duck and sauerkraut and produces a new adventure in flavors.

FATS

Cracklings: (Can be purchased from packers in 25 lb. cans), use as shortening in pie and bread dough, likewise in corn bread, soups, gravies, hot-cake batters, fried potatoes. Heated in the oven, they will serve as tidbits or as a snack with beer.

Suet: Beef kidney suet is the best. Use for frying, especially in deep fat. A good combination for frying is 1½ lbs. suet to 1 lb. lard. Suet demands labor, for it must be freed from its membrane, a toilsome job, but it is to be recommended for mincemeat, chile con carne, and steamed puddings.

FLOUR AND CEREALS

Breakfast Cereal: Cook equal parts of corn meal, rice and barley flour, oatmeal, and finely ground millet, using 4 cups of water to one of the cereals and stirring well; cook for 30 minutes.

Soy Bean Flour: Useful in gravies and soups and to flavor pork chops or other meats.

Rice Flour: Added to ordinary pastry flour, it will produce a flaky, crumbly effect similar to very short pastry.

EGGS

Eggs Poached in Tomato Juice: This technique steps up poached eggs and renders them delectable for even the most uninterested breakfaster.

Fried Eggs: After the fat is melted, sift a little flour into the pan, stirring it about before dropping in the eggs. This produces amiable results, for the eggs remain serene, without becoming crusty on the edges.

Variant of Fried Eggs: After the eggs have set, add rich milk or cream, stir well, producing a rather special variety of scrambled eggs.

CREAM

When whipping cream is not available, chill a tin of evaporated milk, add 10 drops of glycerine per cup, and beat.

GARLIC

To prepare garlic, skin the clove (or cloves), and pound it or them in a wooden bowl, using a potato masher. Other herbs may be chopped into the pounded garlic, for rarely is garlic used alone. Pounding the garlic releases the juices as chopping can not do. But if the garlic is often employed, it is well to dedicate a potato masher to that one purpose, and to keep it, when not in use, in a well-aired place.

HOT CAKES

Serve Welsh rabbit or plain melted cheese on hot cakes.
Serve honey and peanut butter, mixed, on hot cakes.

PIES

Blueberry or blackberry pie is exceptionally good served à la mode.
Serve maple sugar on mince pies.
Add 1 tablespoon of rye whisky to pumpkin pie filling.
Add ⅓ cup grated cheese, or flaked cocoanut, or mashed sweet potato to pie crust. (Or add finely chopped cracklings.)
To conserve brandy in mince pies, add it after baking; using a medicine-dropper, inject the brandy through the steam vents cut in the pie crust.

PEPPER

Use black pepper with meats and vegetables.
Use white pepper with fish.
Use red pepper with shell fish.
When using peppercorns, add them late in the cooking; after half an hour's cooking, they become bitter.

STRING BEANS

Preserve string beans by laying them down in brine. This is better than canning or even quick-freezing. Prepare the beans as for cooking; then lay them in a crock, using 8 lbs. salt to 3 qts. water, setting a plate with a weight over them. In the winter, remove sufficient beans for a meal, wash well, and soak overnight; cook as though they were garden fresh.

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MEMORANDUM

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